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<th>Title</th>
<th>Mental health First Aid in an Irish Context</th>
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<tr>
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Appendix J

Course Resource Lists

Resources for Depression

- Mental Health Ireland
  Provides general information on mental health disorders. Has links to other sources of web information.
  6 Adelaide St, Dun Laoighaire
  01 284 11 66
  www.mentalhealthireland.ie

- GROW
  Is a consumers group for people affected by mental health issues. Organises support groups across the country.
  (021) 4277520

- Samaritans
  Counsellors available 24 hours per day.
  www.samaritans.org
  1800 60 90 90

- Aware
  Peak group which attempts to raise the profile of mental health issues.
  72 Lower Leeson St, D2
  www.aware.ie
  01 661 72 11
  1890 30 33 02

- Blackdog Institute
  A website which deals with all aspects of depression.
  www.blackdoginstitute.org.au
Resources for Suicide

- National Office for Suicide Prevention. Government body which undertakes research and policy development in the area of suicide prevention.
  
  www.nosp.ie

- Irish Association of Suicidology
  
  www.ias.ie

- ASIST (Applied suicide intervention skills training)  
  This 2 day course teaches people how to intervene when someone is suicidal.
  
  www.livingworks.net

  A self help manual based on cognitive behaviour therapy.

  
  Based on extensive research, this book contains interactive exercises that provide guidance on essential coping skills and helps readers make real changes in their lives.
Resources for Anxiety Disorders

• Assist Ireland
  Has a range of resources for purchase.
  www.assistireland.ie

• Social Anxiety Ireland
  www.socialanxietyireland.com

• Recovery Inc
  A self help mental health program for anxiety, phobias and depression
  01 62 07 75

• First Steps to Freedom
  UK Charity offering fact sheets, self help books, videos and audio cassettes about a broad range of anxiety disorders, phobias and related topics. There is a helpline for people experiencing anxiety and their carers.
  www.first-steps.org
  helpline: 0845 120 2916 (UK no)
  (10.00 to 22.00 daily)

• Oanda (out and about association)
  Self help support for people suffering from agoraphobia and social anxiety.
  01 83 38 252 / 01 83 38 253

• www.anxietynetwork.com
• www.anxiety-panic.com
• www.anxietycentre.com

  A self help book based on cognitive behavioural therapy.

• The Psychology Society of Ireland.
  Provides listings of psychologists in Ireland
  www.psi.ie
Resources for Psychosis

• Royal College of Psychiatrists
A good site for specific / clear information on a range of mental illnesses.

www.rcpsych.ac.uk/mentalhealthinformation

• DETECT - Dublin East Treatment an Early Care Team
  1 Marine Tce, Dun Laoghaire

• St John of God – Dublin
  Psychosis unit

• Schizophrenia Ireland
  Has offices in Dublin, Cork, Galway, Killarney, Longford, Ennis & Dundalk
  Helpline: 1890 621 631
  (9.00 – 16.00 Mon – Fri)

• Schizophrenia Information Resource
  Does exactly what it says on the tin!

www.recover.ie

  Provides information on an alternative approach to hearing voices

  Self help guide based on cognitive behavioural therapy techniques.
Resources for Drug and Alcohol use

• Alcohol Rehabilitation Centre
  94 Upper Drumcondra Rd, D9
  01 83 67 171

• Alcoholics Anonymous (AA)
  109 South Circular Rd, Lenards Corner, D8 01 45 38 998
  www.alcoholicsanonymous.ie

• Al Anon
  (for people affected by another person’s drinking)
  5/6 Chapel St, D1. 01 87 32 699
  (Mon-Sat 10.30-14.30)
  Helpline : 01 87 32 699 (24 hours)

• Narcotics Anonymous
  Helpline : 01 62 28 000 (24 hours)
  www_na_ireland.org

• Cuan Mhuire Rehabilitation Centres
  Drug & alcohol rehabilitation centres
  Athy, Limerick, Coolrane, Athenry, Newry.

• Rutland Residential Treatment Centre.
  Addiction treatment including alcohol, gambling, drugs and food.

  Email: rutland@iol.ie

• Anna Liffey Drug Project
  112 Middle Abbey St, D1
  01 87 86 899 (8.30-17.30 Mon-Fri)
  Support for drug users, families & children.

  Email: asterisk@iol.ie
Appendix K

Case study modified for Irish context

Crisis First Aid for Acute Stress Reaction

You live in a small rural town in Ireland. The town is quite run down and most of the buildings in the town are old and in need of repair.

One night a fire breaks out in the local post office and the fire spreads quickly to the adjacent buildings. The fire burns savagely and many businesses and homes are lost. Many of the locals pitched in to fight the fire and assist those who lost their homes and livelihoods.

Because it is a small rural town everyone was affected. You were lucky because your home wasn’t destroyed, but one of your friends lost everything.

The local churches and council sent counsellors to the town after the fire to help those who needed it. You become very concerned about your friend because he seems to be very stressed after the event. He is irritable, nery and is not sleeping very well. He tells you he can’t stop thinking about the fire.

Write down the steps you would take to help someone having an acute stress reaction